



# Living Well Alaska

A workshop for people who live with a chronic condition

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***A six-week course designed to bring you  
hope, tools, and resources.***

***Improve your health – one step at a time!***

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## **Who can take part?**

Do you have arthritis, diabetes, heart disease, emphysema, MS, asthma, obesity, depression, cancer, high blood pressure, HIV/AIDS, kidney disease, pain or another long-term condition?

Anyone living with a chronic health condition is welcome.

Your spouse, a family member or care giver can also participate.

## **Program details**

- *Living Well Alaska* is a six-week workshop held once a week. Each session is 2.5 hours and covers a variety of topics and interactive learning opportunities.
- The workshop, book and all materials are free. Light refreshments will be served at each session.
- *Living Well Alaska* is sponsored by the State of Alaska, Department of Health and Social Services, and Providence Health and Services.

## **How will this program help me?**

In the *Living Well Alaska* workshop, you will learn ways to:

- Manage your symptoms
- Find support and solutions to problems
- Relax and manage stress
- Eat healthy and exercise safely
- Communicate better with your doctor and other health care personnel
- Make daily tasks easier
- Cope with challenges and frustration
- Bring more joy into your life

## **UPCOMING WORKSHOP**

**Thursdays 2-4:30 PM  
April 1 – May 6<sup>th</sup> 2010**

**Providence Cancer Center  
3851 Piper Street  
Conference Room 2401**

**Pre-registration is required.  
Please call 212-6870**